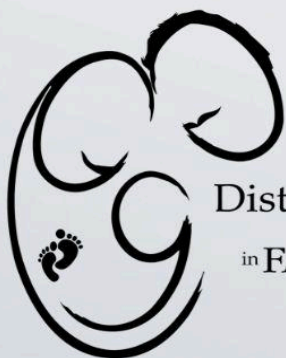


CHRISTIAN MEDICAL COLLEGE

VELLORE, INDIA

DISTANCE EDUCATION UNIT



Distance
learning
in **FAMILY**
MEDICINE

PROSPECTUS 2025
Post Graduate Diploma in Family Medicine
(PGDFM)

Post Graduate Diploma in Family Medicine (PGDFM)

A 2-Year Blended Learning Course for MBBS & Post-Graduate Doctors



**ADMISSION TO THIS COURSE IS SUBJECT TO APPLICABLE REGULATIONS
BY THE CHRISTIAN MEDICAL COLLEGE (CMC) ADMINISTRATION.**

Admission to CMC, Vellore, is through the process described in the prospectus. No fee or donation or any other payments are accepted in lieu of admission, other than what has been prescribed in the prospectus.

The General Public is cautioned therefore not to be lured by any person/persons offering admission to any of the courses conducted by CMC. Should any prospective candidate be approached by any person/persons, this may immediately be reported to the law enforcement agencies for suitable action and also brought to the notice of the College at the following address:

Distance Education Unit (DEdu)
Christian Medical College,
Balanilayam, No.95,
Sanjeevipuram, Bagayam,
Vellore – 632002, Tamil Nadu, India.

Phone +91 416 2285590
E-mail: info@cmcdistedu.org
Website: <http://courses.cmcdistedu.org>

IMPORTANT INFORMATION

The purpose of this course is to impart knowledge and provide skills upgradation for general practitioners in wholistic Family Medicine, at the primary care level.

This is NOT equivalent to any postgraduate residential courses in Family Medicine, such as DNB or MD in Family Medicine. Currently, this course is not affiliated to any university nor recognized by the MCI / NMC as a specialist course.

PGDFM certificate cannot be used as a post-nominal designation.

If in the unlikely event of any change in the course structure/component, the CMC academic team shall take suitable steps which shall be appropriately and timely intimated to the students.

Also note: We do NOT admit students through agents or agencies. The college will NOT be responsible for any candidates or parents dealing with such a person or persons.

1. PREAMBLE

The large network of General Practitioners is the mainstay of healthcare delivery in India. There are close to 6,00,000 General Practitioners (GPs) in India who have no access to postgraduate education. There is no nationally mandated continuing education for physicians, and most of the GPs do not have many opportunities to remain up-to-date with the many new developments in medical practice. The lack of continuous updating of knowledge and skills by the GPs has led to a situation where there are excessive referrals, because of a lack of confidence in handling patients, even with minor complications. Many patients, therefore, end up visiting multi-speciality hospitals where the health care costs are very high. If there are opportunities at their doorstep for the busy GPs to update themselves and to hone their skills, it would bridge these unnecessary gaps.

The **Post Graduate Diploma in Family Medicine (PGDFM)** is a **two-year Blended Learning Program** that uses adult education methods, aided by modern technology. It is delivered through problem-based self-learning modules (as printed books, if requested, as well as online, for all), face-to-face contact programs (when possible, considering any pandemic situation), video-lectures, asynchronous and synchronous online sessions, and other innovative teaching-learning methods. This course aims to equip large numbers of General Practitioners (GPs) and primary healthcare physicians so that they will become competent to **“Refer less & Resolve more,”** right where they are!

The overall aim is to encourage and equip doctors to become and **to BE True Family Physicians who practise whole-person care, whole-family care and whole-community care.** The course also has a strong component on medical ethics, values, and the social responsibility of a doctor.

Doctors from both private and public sectors in India, doctors who have NRI status, and doctors from SAARC countries, can apply.

2. COURSE OBJECTIVES

As was stated, the overall aim of the PGDFM programme is to encourage and equip doctors to become and to be true family physicians, and thus to build the capacity of GPs and enable them to competently and comprehensively manage more patients, so that referral becomes less necessary – hence the motto:

“Refer less, Resolve more”

A graduate of the course should be able to perform the following functions, with a high level of integrity, commitment, and competency:

- ❖ Develop a strong base in the **core Family Medicine principles** - like whole-person care, patient-centeredness, focus on the family, continuity of care, comprehensive care, clinical competence, making a deeper diagnosis, etc.
- ❖ Diagnose and effectively **help persons with the common diseases** occurring in all age groups, across a wide spectrum of disciplines, including Medicine, Surgery, Paediatrics, Obstetrics and Gynecology, Orthopedics, Dermatology, ENT, Psychiatry, Urology, Emergency Medicine, and Ophthalmology.
- ❖ Promptly and competently treat **common emergencies** that present to a general outpatient set-up, and refer patients safely, after initial stabilisation.
- ❖ Detect at an early stage, **life, limb, and vision-threatening potential emergencies**, so that urgent, correct treatment and prompt, safe referral to the tertiary care hospital is made.

- ❖ Develop a broad-based **comprehensive approach to health problems** affecting all age groups.
- ❖ Discuss the relevant and **up-to-date basic science, etiopathogenesis of diseases** in the context of diseases presenting in undifferentiated forms, or in the background of chronic diseases.
- ❖ Use a **syndromic or algorithmic or integrated problem-oriented approach** to the management of health problems, without the use of sophisticated investigations.
- ❖ Incorporate the role of **cost-effective wholistic management**.
- ❖ Develop an **ethical and compassionate approach** to patients under their care.
- ❖ Practise **competent, collaborative consultation skills**, with focused patient-centred clinical history-taking and proper physical examination, in specific clinical settings.
- ❖ **Network with other specialists** such that they can continue the care of patients undergoing sophisticated tertiary level care, between appointments.
- ❖ Implement recognized protocols for **health promotion** in all age groups.
- ❖ Organise and promote **rehabilitation** for differently abled persons.
- ❖ Participate in **community health programs**, especially those which are components of national health policies.
- ❖ Participate in **community-oriented primary care (COPC)** work.
- ❖ Be motivated to **improvise and problem-solve in resource-poor settings**.
- ❖ Generate **enthusiasm and efficiency in the health team**, so that they can provide high quality, appropriate, ethical, and comprehensive care.
- ❖ Ensure a **therapeutic environment** for patients and relatives, to enhance appropriate confidence in the health system and the health care professionals.
- ❖ Competent in **medical record-keeping and data management**.
- ❖ Develop as **teachers** who can communicate and train team members, community members, and others in the medical fraternity.

3. NO OF SEATS: 300 (maximum).

4. COURSE DURATION: 2 Years.

This is a 2-year blended learning course comprising both distance learning (online and offline) and onsite, face-to-face, hands-on components. The online learning components are both asynchronous and synchronous. Students have to complete it in these 2 years.

5. ELIGIBILITY CRITERIA

This course is open to doctors who are **Indian citizens**, residing in India or have **NRI status**, or who are nationals from the **SAARC countries**. Furthermore:

- All candidates must possess a **valid graduate degree in medicine** - a MBBS (provisional certificate is not satisfactory)
- All candidates must possess a **valid MCI / NMC or State Medical Council registration**.
- Candidates not residing in India, or living abroad, should be **registered with the appropriate accrediting bodies** in their respective countries.
- **There is no entrance examination for this course.**

6. SELECTION PROCESS

Weightage in selection will be given to:

1. Those doctors who have served or are serving in **“Areas of need”***
2. Those with work experience in rural areas for more than 10 years.
3. Women candidates.

Areas of need*

- Christian Mission hospitals.
- Rural hospitals.
- Government hospitals - PHCs, CHCs, District Hospitals, Government Medical Colleges.
- Quasi Government hospitals - e.g., Armed forces.
- Registered NGO Hospitals - includes NGOs working in need-based health spheres, such as care of people with HIV/AIDS, Homecare, Palliative care, Geriatrics, Disabilities, etc., or involved in tribal work or rural work or work in slums.

Please note:

1. Candidates who are currently enrolled in any other DEdu courses of CMC Vellore and haven't completed all course requirements yet are not eligible to apply.
2. The selection of a candidate is at the sole discretion of the Selection Committee.
3. Any attempt by the candidate or their relatives to influence the admission process in an unlawful manner can lead to the disqualification of the candidate's application.

7. COURSE COMPONENTS

The course components consist of:

1. **Self-Learning Modules (SLMs)** – for updating the knowledge, attitudes and skills base.
2. **Contact Programs** (online and onsite) – for developing knowledge, attitudes and skills, especially consultation skills and the core clinical skills (during the face-to-face onsite contact programs).
3. **Video-lectures** – for updating the knowledge, attitudes and skills base.
4. **Assignments** to be worked through and submitted as will be stipulated.
5. **Project work** (as two wholistic patient write-ups) to be completed during the course.
6. **Formative and Summative assessments**

7.1 Self-Learning Modules (SLMs)

The core knowledge component of the course is delivered in the form of **16 Books** containing **100 self-learning modules**. The modules are written in a self-learning format; making them interesting and easy to read. The study material has been designed to inculcate the practice of self-studying and the practical application of this theoretical knowledge. Numerous patient presentations based on common clinical scenarios have been designed to enable this learning.

Table 1: List of Self-Learning Modules (SLMs)

BOOK	MODULE	TOPIC – YEAR 1
1. BASICS OF FAMILY MEDICINE	1.1	Principles of family medicine
	1.2	Health promotion and disease prevention in family practice
	1.3	Communication and consultation in family medicine
	1.4	Medical documentation
	1.5	Referrals in family practise
	1.6	Family practice management
2. MEDICINE - PART I NEUROLOGICAL PROBLEMS & MENTAL HEALTH	2.1	Headache
	2.2	Seizures
	2.3	Stroke
	2.4	Movement disorders
	2.5	Sleep disorders
	2.6	Mental health problems
	2.7	Substance abuse
3. WOMEN'S HEALTH - PART I	3.1	Antenatal care
	3.2	Antepartum problems
	3.3	Medical diseases in pregnancy
	3.4	Intrapartum problems & care
	3.5	Postnatal care
	3.6	Contraception
	3.7	Violence against women
4. CHILD HEALTH - PART I	4.1	Screening for high-risk neonates
	4.2	Neonatal Resuscitation
	4.3	Normal newborn
	4.4	Common neonatal problems
	4.5	Breastfeeding and weaning
	4.6	Immunisation
	4.7	Developmental Delay
5. SURGICAL TOPICS FOR A FAMILY PHYSICIAN - PART I	5.1	Neck swellings
	5.2	Leg ulcers
	5.3	Acute abdomen
	5.4	Gastrointestinal bleeding
	5.5	Common ENT Problems
	5.6	BLS, ACLS, shifting of a critically ill patient
	5.7	Orthopaedic problems - Part 1
6. MEDICINE – PART II CARDIOVASCULAR PROBLEMS & INFECTIOUS DISEASES	6.1	Chest pain
	6.2	Dyspnoea - Part 1
	6.3	Palpitations
	6.4	Syncope
	6.5	Oedema - Part 1
	6.6	Hypertension
	6.7	Shock

7. MEDICINE – PART III RESPIRATORY & GASTROINTESTINAL PROBLEMS	7.1	Dyspnoea - Part 2
	7.2	Approach to cough
	7.3	Nausea and vomiting
	7.4	Dyspepsia
	7.5	Loose stools
	7.6	Constipation
	7.7	Approach to Jaundice
BOOK	MODULE	TOPIC – YEAR 2
8. BECOMING A FAMILY PHYSICIAN – ROLES, RESPONSIBILITIES, AND ATTITUDES	8.1	Roles and Responsibilities of a Family Physician
	8.2	Team Concept in Family Medicine
	8.3	Care of a Patient with Chronic Disease in Family Medicine
	8.4	Biomedical Ethics
	8.5	National Programmes for Family Physician
	8.6	Community-Oriented Primary Care (COPC)
	8.7	Health Informatics
	8.8	Health Advocacy
9. MEDICINE - PART IV INFECTIONS AND GENITOURINARY PROBLEMS	9.1	Fever - Part 1
	9.2	Fever - Part 2
	9.3	Sexually transmitted diseases
	9.4	HIV & AIDS
	9.5	Haematuria
	9.6	Lower urinary tract symptoms
	9.7	Oedema - Part 2
10. WOMEN'S HEALTH – PART II	10.1	Menstrual irregularities - Part 1
	10.2	Menstrual irregularities - Part 2
	10.3	Vaginal discharge
	10.4	Breast problems
	10.5	Infertility
	10.6	Menopause
11 (A & B). CHILD HEALTH – PART II	11.1	Growth Monitoring and malnutrition
	11.2	Common paediatric problems - Part 1
	11.3	Common paediatric problems - Part 2
	11.4	Common paediatric problems - Part 3
	11.5	Common paediatric problems - Part 4
	11.6	Common paediatric emergencies
	11.7	Child abuse
12. SURGICAL TOPICS FOR A FAMILY PHYSICIAN - PART II	12.1	Groin swelling
	12.2	Head injury
	12.3	Oral health
	12.4	Red eye
	12.5	Diminished vision
	12.6	Anaesthesia for a family physician
	12.7	Orthopaedic problems - Part 2
	12.8	Thermal injuries

13 MEDICINE - PART V MUSCULOSKELETAL PROBLEMS & LIFESTYLE MEDICINE	13.1	Joint pains
	13.2	Back ache
	13.3	Aches and pains and body ache
	13.4	Weight loss
	13.5	Healthy lifestyle
	13.6	Diabetes mellitus - Part 1
	13.7	Diabetes mellitus - Part 2
14. SKIN & BLOOD PROBLEMS & EMERGENCIES	14.1	Common infectious skin conditions
	14.2	Common non-infectious skin conditions
	14.3	Approach to a patient with anaemia
	14.4	Bleeding disorders
	14.5	Emergencies for a family physician - Part 1
	14.6	Emergencies for a family physician - Part 2
	14.7	Emergencies for a family physician - Part 3
15. OCCUPATIONAL HEALTH & AGE-SPECIFIC PROBLEMS	15.1	Occupational health
	15.2	Adolescent health problems
	15.3	Men's health
	15.4	Geriatric problems
	15.5	Palliative care - Part 1
	15.6	Palliative care - Part 2

7.2 Contact Programs (CPs):

We make use of **hybrid contact programs**, which means that there'll be a hybrid (a mix) of online and onsite CPs.

7.2.1. The **face-to-face, ONSITE contact programs** (CPs) form a very important part of the course components. Usually, there are 3 contact programs of 8 days each during the course period of 2 years. These face-to-face, onsite CPs help ensure hands-on, clinical skills development, as well as the integration and application of the core content of the course. Learning takes place through group discussions, patient presentations and discussions, clinical skills demonstrations and hands-on practice, as well as interactive lectures and group activities. There are about 50 core clinical skills that a Family Physician is expected to master in this course. These ONSITE CPs will be conducted in the contact centres listed below, depending on the prevailing travel protocols within the country and from CMC, and the availability of sufficient numbers of trained facilitators.

7.2.2. Then there are the **ONLINE contact programs** (CPs), which have (i) an asynchronous component and (ii) a synchronous component.

In the **asynchronous component** each student works at their own time and at their own pace via an online learning platform created by the Distance Education Unit. Students will access interactive online self-learning modules, as well as video-lectures and video recordings of some clinical skills and procedures.

In the **synchronous component**, through scheduled MONTHLY Zoom meetings, learning will take place through interactive lectures, patient discussions and group discussions in breakout groups, panel discussions, etc.

The dates for both the onsite CPs and the online CPs shall be communicated to all learners in the student handbook which will be provided upon being selected and joining the course.

The list of the present possible CENTRES for the onsite Contact Programs are as follows (alphabetically):

- | | |
|-------------------------------|-------------------------------|
| 1. Bangalore, Karnataka. | 8. Kolenchery, Kerala |
| 2. Chittoor, Andhra Pradesh. | 9. New Delhi |
| 3. Chennai, Tamil Nadu. | 10. Oddanchatram, Tamil Nadu. |
| 4. Dimapur, Nagaland. | 11. Pune, Maharashtra. |
| 5. Herbertpur, Uttarakhand. | 12. Raxaul, Bihar |
| 6. Hyderabad, Andhra Pradesh. | 13. Tiruvalla. Kerala |
| 7. Kolkata, West Bengal. | 14. Tezpur, Assam |

Allocation: Selected candidates shall be allocated to the Contact Centre by the Distance Education Unit, CMC Vellore. Once a candidate has been allocated to a specific onsite CP centre, they cannot request for a change in their CP centre. The Distance Education Unit of CMC Vellore has full rights, if required, to change the CP time schedule and onsite contact centre, based on the number of participants and availability of the centre during the course period. Candidates need to be flexible to attend the assigned centre during the course period.

7.3 Video-Lectures

There are pre-recorded video-lectures, which are part of the course curriculum. These may be provided as end-of-day assignments during face-to-face, onsite contact programs, as preparation for the next day's class, and/or as part of the asynchronous component of the online sessions.

7.4 Assignments

Each sub-module in the study material has an assignment which has multiple choice questions (MCQs). These assignments are to be submitted periodically via the online learning website, as per the due dates, in partial fulfilment of the course requirements. **Submissions need to be ON TIME, without fail.** This forms part of the formative assessment for the course, together with the project work. Without submission of all the stipulated assignments, a student is not eligible to write the examination.

7.5 Project Work

The candidates are required to complete project work, which involves the writing of **two wholistic patient write-ups**, following the exact guidelines provided for it. Details about these two important patient write-ups will be made known after enrolment.

7.6 Formative and Summative Assessments

The course assessment is done in two parts: (1) **formative assessment** (throughout the course) and (2) **summative assessment** (basically, at the end of each year's work). *The formative assessments have equal weightage to the summative assessments.*

SUMMATIVE Assessments:

- **First Year Exam** – will be conducted during the second onsite CP, after the completion of the year-1 syllabus (online and onsite). See the eligibility criteria for the 1st year exam in the Table below.
- **Second Year Exam** – will be conducted after the basic completion of the year-2 syllabus (online and onsite), during the third onsite CP. See the eligibility criteria for the 2nd year exam in the Table below.
- The first year AND the second year examination will include **(1) a theory paper, (2) a practical clinical skills examination, (3) a consultation skills examination, and (4) a paper-based Objectively Structured Clinical Evaluation (OSCE).**

Eligibility Criteria for Examinations*	
1st-year examination eligibility	2nd-year examination eligibility
Year 1 syllabus (CP1 - Online & Onsite classes) 1 to 7 books	Year 2 syllabus (CP1 & CP2- Online & Onsite classes) 8 to 15 books
1 to 7 book assignment submission	1 to 15 book assignment submission
1st Patient write-up submission ON TIME	2nd Patient write-up submission ON TIME
Should have a minimum of 90% attendance in Hybrid CP1 - Though not recommended, this means a student may (for good reasons) be allowed to miss only: (a) one onsite day, OR (b) 2 online sessions, OR (c) half an onsite day and one online session.	Should have a minimum of 90% attendance in Hybrid CP1+CP2 - Though not recommended, this means a student may (for good reasons) be allowed to miss only: (a) 2 onsite days, OR (b) 4 online sessions, OR (c) permissible combinations of both online and onsite CPs

FORMATIVE Assessments:

1. **Reflective Log Books** with daily reflections written down on the day's learning and how this will impact one's future clinical practice. These reflective log book entries are to be made for the online synchronous sessions and the onsite sessions.
2. **Clinical Skills Log Books** contain the guidelines and checklists for the clinical skills taught and practised during the course. Where indicated, it needs to be fully completed during the onsite CP
3. **Review Tests** conducted during monthly online contact programs.
4. **Assignments** are carefully designed in a range of styles to assess the candidate's ability to integrate skills, attitudes, and values with theoretical knowledge, and to help consolidate learning.
5. **Project Work** includes the two **wholistic patient write-ups**, according to the exact guidelines given. The specific submission dates will be provided for both of these activities.

8. CRITERIA FOR THE AWARD OF THE PGDFM:

A candidate should fulfill the following criteria for the successful completion of the course:

$\geq 50\%$ Marks in each Summative Assessment at the end of year 1 & year 2	$\geq 50\%$ Marks in each Formative Assessment	90% attendance mandatory for onsite contact programs; and 90% for online contact programs
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Candidates must fulfill the **course completion requirements** (assignment submissions, project submissions, 1st-year and 2nd-year examinations, attendance of all 3 contact programs 1,2,3 - both the online & onsite components) within the allocated two-year course period.

9. COURSE FEES

	Indian nationals residing & working in India	SAARC	NRI
Application fees	INR 1,000	USD 30	USD 60
Course Fees	INR 1,00,000	USD 1900	USD 2800

- INR is the Indian National Rupee
- USD is US dollars.
- NRI is a Non-Resident Indian - Indian national working abroad (outside India).
- SAARC is the South Asian Association of Regional Cooperation.

Please note:

- Application and course fees, once paid, will not be refunded or transferred to any other candidate, for any reason. The course fee once remitted will not be refunded under no circumstances
- The currency exchange rate (if any) has to be borne by the students.
- Candidates applying under the Indian category shall be Indian citizens residing and working in India.
- The course fee includes the courier charges for the books sent to candidates.
- Candidates located outside India need to note that the course fees prescribed does not include (any possible) customs duty levied in your country. This has to be borne by the candidate.
- The course fees and application fees excludes any bank transfer charges or exchange charges (if any). Those charges shall be borne by the candidates at their end.

Installment option: There is an option available for candidates applying under Indian category to pay the course fees in two installments, if a candidate is unable to pay the entire amount in a single installment.

Installment	Fees per instalment	Comment
1 st Instalment	Rs. 60,000/-	To be paid within two weeks after receipt of the selection intimation letter.
2 nd Instalment	Rs. 40,000/-	To be paid before the end of November 2025

Scholarships:

- ★ Some scholarships are available for candidates (upon request in writing and due selection), who are working/have worked in Mission Hospitals, rural or in needy areas
- ★ The “Mission Hospitals” are hospitals under sponsoring bodies and churches of CMC Vellore Council (See Annexure I); hospitals under Christian Organisations/institutions not mentioned in Annexure I; and hospitals under Catholic Organisations/institutions.
- ★ The written request for a scholarship must be supported by a NOC (no objection to doing this course) letter from the head of the hospital/institution where the candidate works.
- ★ The scholarship shall be awarded based on the recommendation of the scholarship committee. The decision of the scholarship committee is final.
- ★ Further information can be obtained by sending an email to info@cmcdistedu.org

11. SUBMISSION OF COURSE APPLICATION

ONLINE APPLICATION PROCESS

- The application has to be submitted with a **non-refundable application fee**.
- To apply, click on the link <http://courses.cmcdistedu.org> and ensure that all fields are filled completely.

REQUIRED:

The following are required to be uploaded along with the application form:

1. SOFT COPY OF PHOTOGRAPH

- The photograph must be in color.
- The photograph must be taken with a white or a very light background.
- The image should be in jpg, jpeg, or png format with specifications - width 3.5 x 4.5 cm and less than 250 KB.

2. SOFT COPY OF SCANNED CERTIFICATES

Please scan the certificates using a scanner at 200 pixels per inch (dpi). ONLY PDF files will be accepted. Ensure that the PDF file size is between 50 KB and 500 KB. It is mandatory to upload the correctly scanned copies of the below-mentioned certificates:

- For Indian Nationals & those with NRI status
 - (a) MBBS degree certificate & Internship cocompletion certificate
 - (b) Internship completion certificate
 - (c) MCI or State Medical Council Registration Certificate or Medical Licence certificate.
 - (d) MCI Screening test certificate - For Indian candidates who have completed MBBS abroad.
 - (e) NRI candidates are required to submit a copy of their passport along with their stamped and valid visa page on the passport.
- For SAARC Nationals
 - (a) MBBS degree certificate / or equivalent degree certificate & Internship cocompletion certificate
 - (b) Registration Certificates with appropriate accrediting bodies in their own countries.
 - (c) Photocopy of their passport or other documentary proof of citizenship.

3. SCANNED COPY OF THEIR SIGNATURE:

- Signature to be scanned and uploaded (jpg, jpeg, or png and size <250 KB)

4. PAYMENT:

- Mode of online payment: Use a credit/ debit card/ net banking/ UPI.
- When using an online payment, if the transaction is not successful, but the amount is debited from your account, please wait for two working days. The transaction is likely to be completed during this period.
- If the transaction is still not complete within this period, please contact us at forms@cmcdistedu.org
- **Payment mode for SAARC/NRI candidates:** The payment can be done through the wire transfer mode. After submission of the application form, you will be redirected to the page where you can download the wire transfer documents. The currency exchange rate shall be the market rate on the date of payment.
- SAARC/NRI candidates need to submit a scanned copy of their passports.
- NRI candidates need to submit a copy of their visa page stamped on the passport.

ANNEXURE I

List of sponsoring bodies and churches of the CMC Vellore Council

Code	Minority Network Organisations	Code	Minority Network Organisations
1.	Andhra Evangelical Lutheran Church	31.	Gossner Evangelical Lutheran Church #
2.	Arcot Lutheran Church #	32.	India Evangelical Lutheran Church
3.	Assemblies of God in North India #	33.	Inter Ashram Fellowship
4.	Baptist Church of Mizoram	34.	Jeypore Evangelical Lutheran Church
5.	Chaldean Syrian Church of the East	35.	Khasi Jaintia Presbyterian Assembly
6.	Christian Assemblies in India	36.	Kolhapur Church Council #
7.	Christian Service Society of the Bengal, Orissa & Bihar \$	37.	Malankara Jacobite Syrian Orthodox Church
8.	Church of North India, Nagpur Diocese	38.	Malankara Orthodox Syrian Church Catholicate of the East @
9.	Church of North India Synod – The Synodical Board of Health services	39.	Marathi Mission
10.	C.S.I. Coimbatore Diocese	40.	Marthoma Syrian Church of Malabar
11.	C.S.I. Dornakal Diocese	41.	Mennonite Medical Board of the Mennonite Church in India.
12.	C.S.I. Kanyakumari Diocese	42.	Methodist Church in India
13.	C.S.I. Karimnagar Diocese #	43.	Mizo Presbyterian Church Synod
14.	C.S.I. Karnataka Diocese Inter Diocesan Medical Board	44.	North Bank Baptist Christian Association
15.	C.S.I. Krishna - Godavari Diocese #	45.	Poona Christian Medical Association
16.	C.S.I. Madras Diocese	46.	The Salvation Army India South Eastern Territory
17.	C.S.I. Madhya Kerala Diocese	47.	The Salvation Army India South Western Territory #
18.	C.S.I. Madurai-Ramnad Diocese	48.	The Salvation Army India Western Territory
19.	C.S.I. Medak Diocese #	49.	Samavesam of Telugu Baptist Churches #
20.	C.S.I. North Kerala Diocese	50.	Southern Asia Division of Seventh Day Adventists
21.	C.S.I. Rayalaseema Diocese	51.	Tamil Evangelical Lutheran Church
22.	C.S.I. South Kerala Diocese @	52.	U.P. Regional Board of Health Services
23.	C.S.I. Tiruchy-Tanjore Diocese	53.	The Leprosy Mission
24.	C.S.I. Tirunelveli Diocese	55.	C.S.I. Jaffna Diocese#
25.	C.S.I. Vellore Diocese	56.	International Mission Board, Southern Baptist Convention
26.	Council of Baptist Churches in North East India	59.	United Mission to Nepal
27.	Council of Christian Hospitals	60.	Christian Medical College, Vellore
28.	Eastern Regional Board of Health Services	61.	College of Nursing, CMC*
29.	Emmanuel Hospital Association	62.	Undergraduate College Recommendation for Christians**
30.	Evangelical Lutheran Church in Madhya Pradesh		

FEEDBACK FROM SOME OF OUR ALUMNI

I have understood that as a family physician, I am the first point of contact in the health-care system, managing a wide array of medical conditions with long-term relationships with patients. This continuity of care allows for a deeper understanding of patients' histories, lifestyles, and social contexts which is valuable for providing a holistic and effective treatment. Now I can treat patients of all ages, from newborns to the elderly, and address a spectrum of healthcare issues from preventive care to chronic disease management. I am struck by the unique blend of science, art, and humanity that defines this field. I thank CMC for giving me this opportunity to be a part of this course.

Dr. Ahamed Shaheen Yasar S, 2022 Batch, Karnataka

I was fortunate enough to have come across this beautiful course that has infused in me confidence and patience along with kindling moral values that I believe are very necessary in today's scenario. This course covers certain aspects of practising medicine that are untouched in the routine curriculum of MBBS. The onsite contact programs were very useful and the whole syllabus of Family medicine was wonderfully covered. I met wonderful people on my journey through this course. My consultation skills have improved and I am more satisfied and mentally stronger. Thanks, CMC and team.

Dr. Utkarsh Sharma, 2022 Batch, Rajasthan

This course has improved my knowledge. I can't express in a few words how it has improved my skills, knowledge, and expertise in family medicine. This course has made me more competent to manage rationally and with a human touch.

Dr. Sarfaraz Ahmad, 2022 Batch, Delhi

This course has significantly enhanced my personal growth as a clinician. It has made me a better listener, more observant, and sensitised towards the whole biopsychosocial context that any individual human presents with. As a result, both my professional and personal relationships are richer. In my clinical practice, I have incorporated the Golden Minute and 3SA approach, safety-netting my patients and thereby improving patient satisfaction. The updated, systematic, and evidence-based clinical knowledge is supremely valuable and I am excited to apply the lessons learned for years to come. I am thankful to CMC for providing this stimulating platform to engage with and learn from like-minded physicians and distinguished faculty.

Dr. Sanyukta Rajpurohit, 2022 Batch, Rajasthan

This course has truly been a God-sent one to me as every aspect of it felt like it was made for me. The course being distant education helped me to juggle my role as a mother while also developing in my career. It taught me that there is so much to learn and be as a doctor not just in the clinical aspect but holistically from listening to the patient to caring for them and making sure to lift up the community as well.

Dr. Sharmilee Sabhanayakam, 2022 Batch, Tamil Nadu

This family medicine course has been transformative. It not only enriched my knowledge but also changed my perspective on patient care. The focus on holistic, patient-centred approaches has already started improving my clinical practice. The instructors were exceptional, and the content was highly relevant. I now feel more confident and better equipped to provide compassionate, comprehensive care. Thank you for such an outstanding experience!

Dr. Majid Umair Musaddique, 2022 Batch, Maharashtra

What began as a simple pursuit to stay academically engaged soon transformed into a journey of profound growth and fulfilment. Enrolling in what I thought would be a part-time commitment, evolved into a defining experience, shaping not just my professional skills but also my identity as a physician. The challenges are Immense, especially while balancing a demanding work schedule. But the rewards are absolutely worth every moment. I would do it all over again in a heartbeat.

Dr. Rejath Benny, 2022 Batch, Kerala

The course has changed how I look at a patient and their problem. It is now my understanding that it is the person who has the problem and never the disease alone that I must address. The course has thrown light on the importance of the communication cues, providing the golden minute. To build a practice and gain the trust of the patient cohort requires soft skills as well as clinical skills. This course trained us on both these aspects while the former is often overlooked in our MBBS curriculum.

The course is well formulated and has given me an adjuvant medical training keeping me at par with the recent updates. I am overjoyed to be part of this noble network of family physicians striving to provide wholesome patient care.

Dr. Chikku Ann Joseph, 2022 Batch, Kerala

The Post Graduate Diploma in Family Medicine (PGDFM) course has been transformative, deeply enhancing my understanding of comprehensive patient care within a community context. It has equipped me with essential skills to effectively manage a wide range of health issues, fostering a holistic approach to a patient's well being and strengthening my role as a primary care provider. Additionally, the PGDFM course has fostered my ability to build strong, trusting relationships with patients and their families, a cornerstone of effective healthcare. It has also prepared me to handle both acute and chronic conditions with confidence and empathy, significantly enhancing my professional competence and personal growth as a medical practitioner. Moreover, it has been invaluable in teaching foundation course classes for MBBS students, particularly in the area of effective communication.**Dr. Deepika Pandey, 2022 Batch Uttar Pradesh**

The PGDFM course has changed my perspective of looking towards family medicine. Excellent booklets and online session But the game changer was the onsite contact program. We were able to make new friends and facilitator's were helpful, fully trained and motivating. Thank you CMC Vellore for this course.

Dr. Poonam Ramesh Wagh, 2022 Batch, Maharashtra

PGDFM has changed the way I look at the person of my patient, and it has enabled me to handle patients I would have otherwise referred to. I am very grateful for this course, which has empowered me in many ways besides academically. My faculty was the best, and the holistic education I received in the 2 years was a blessing. I wish to thank them for that. **Dr. Leena Sen, 2022 Batch, Nagaland**

Despite being a hybrid program, this course felt no less comprehensive than a traditional one. The flexibility in assignment deadlines and the ease of attending contact classes made the learning experience comfortable and efficient. Interacting with international faculty was truly the cherry on top, enriching our global perspective. One of the hidden gems of the PGDFM course is its mandatory consultation skills practice, which added immense value and played a significant role in helping me ace my Occupational English Test (OET). I am proud to call myself an alumni of CMC Vellore, and I highly recommend this course, especially for independent general practitioners looking to refine their skills and expand

their knowledge.**Dr. Shivani Bedi, 2019 Batch, Uttar Pradesh**

The PG Diploma in Family Medicine provides a robust framework for understanding the multifaceted aspects of patient care within family practice. The course effectively integrates theoretical knowledge with practical applications, ensuring a holistic approach to patient care in the real-world scenarios. It is an excellent course for those MBBS doctors who are especially working in remote areas. I strongly recommend this course that will significantly impact their professional development.

Dr. Md Shadab Alam, 2022 Batch, Jharkhand

FOR ANY CLARIFICATION, PLEASE CONTACT THE DISTANCE EDUCATION DEPT OFFICE

E-mail: info@cmcdistedu.org

Phone: +91 416 2285590 / WhatsApp no: +91 9385285893

Office Timing:

Monday to Friday: 8:00 AM to 4:30 PM (IST)

Saturday: 8:00 AM to 12:00 PM (IST)

Sunday: Holiday

VERY IMPORTANT INFORMATION:

- The provisionally selected candidates will be intimated via family.medicine@cmcdistedu.org
- Once the course fee payment (Full or first installment) is complete, the candidate will be registered on the **official student website** and in the **official WhatsApp group**.
- **All correspondence (regarding event announcements, invitations, assignments, exams, reports & any other relevant academic or administrative messages) will be made available ONLY through the student website and the official WhatsApp group, through which an intimation will be sent too.**
- **Candidates are personally responsible for checking the above-mentioned website and WhatsApp group frequently and stay updated with program/course events.**

**N.B.: THE INFORMATION PROVIDED ON THE APPLICATION FORM WILL BE TAKEN AS FINAL.
NO CHANGES WILL BE PERMITTED**



Anything given in the Master's hand multiplies..

